



MVHS DAILY BULLETIN

Thursday, February 2, 2023

| This Week's Schedule | |
|----------------------|------------------------------|
| Monday | No School |
| Tuesday | White Day- Advisory Schedule |
| Wednesday | Green Day - Regular Schedule |
| Thursday | White Day- Regular Schedule |
| Friday | Green Day - Regular Schedule |

| MVHS Main Campus Regular Schedule | |
|-----------------------------------|----------------|
| Time | Period |
| 8:00-9:25 | 1st/5th |
| 9:30-10:55 | 2nd/6th |
| 11:00-11:30 | Lunch A |
| 11:35-1:00 | 3rd/7th |
| 11:00-12:25 | 3rd/7th |
| 12:30-1:00 | Lunch B |
| 1:05-2:30 | 4th/8th |
| 2:35-4:00 | 9th/10th |

INSIDE YOU WILL FIND

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- ▶ Senior Corner - page 3
- ▶ Athletic Department News & Scores-page 3
- ▶ February Lunch Menu - page 4

IMPORTANT DATES

February Early Release Days: Wed. Feb 8
 Presidents Day-No School: Mon. Feb 20
 Snow Make Up Day-In School: Wed. March 8

UPCOMING ACTIVITIES & EVENTS

Tuesday, February 1:

- ▶ Last Day to Purchase a Yearbook

Friday, February 3:

- ▶ Movie Night in Planetarium, "Avatar", 2:30pm

AFTER SCHOOL OPPORTUNITIES

Bulldog E.D.G.E. - Homework help, MVHS Library
 M-R, 2:30-4pm, ER Days 12:30-2:45 pm

Boys & Girls Club - Activities, MVHS Cafeteria
 Every Monday-Friday, 2:30-5pm

Late Bus - N. Cafeteria Doors
 M-R 4pm pick up, E.R.days 3pm

It's time for Torch photos in the Yearbook

Torch is the Top 75 students by gpa! Please check your email for a message from MVHStv. We have started taking portraits of the Top 40 students as of 1st semester. Please come in next Tuesday or Wednesday if you received an email.

Staff vs. Seniors Basketball Game

Wed, Feb 8th is the game! If you are staff or a senior and wanting to play, there is a sign up form posted on the senior google classroom to fill out. Anyone else can come and watch the exciting game, we'll see you there!

Science Club is Hosting Movie Night this Friday

in the planetarium on the third floor of New Main after school. For a donation of canned food, come and watch Avitar with us! Bring a friend, bring a blanket! First come, first served

Varsity Coed Cheerleading Tryouts

Tryout Meeting is **Feb.8th** 12:45 in the main gym. Please use the link to add your name to the tryout list [Cheer Tryouts 23/24](#).

- Applications must be a current 8-11 grader
- Registered in Final Forms under "spring cheer tryout"
- All paperwork, application and sports physical completed.

Tryout Dates are March 6 & 7 from 6-8pm in the matroom, and the Final tryout is March 8th beginning at 5pm. An open review vwill be held from 3-5pm after school before final tryout begins.

MVHS CLUBS

ART Club - meets Tues/Thurs, 2:30-4, AG1

AVID Club - every other Monday, CTE-1, 2:40

DECA - Tuesdays, 2:30PM, N102

FBLA - Mondays, 2:35PM, CTE 9

FCCLA- meets Mondays, 2:45 pm, NM321

FFA - Mondays, 2:40pm, in CTE2

Debate Team - Mon/Tue, 3-5pm, Admin 114

Gaming Club - White Thursdays, 2:30-4pm, N120

Key Club - Weds, Early Release, 2:45pm, N206

LUCHA Club- Thursday's at 2:30 in NM223

Migrantes Unidos MV - Tuesdays, 2:45pm, OM114

Outdoor Leadership - Frid's,2:40pm, Friendship Cir

Pacific Islander Assoc.-Thurs, 2:45 pm, OM 108

Pride Club - Mondays, 2:45pm, OM308

Robotics Team- Tues/Fri, 3:30- 6:30 in CTE 10

TSA - meets Thursdays, 2:45pm, CTE 6

IMPORTANT NUMBERS:

Athletic Office: 360-428-6191

Sports Schedules and Event Information

Attendance Office: 360-428-6153

Report Student Absence or Tardy

College & Career Center: 360-428-6256

Counseling Office: 360-428-6156

Registration, Schedules, Transcripts, Running Start

MVSD Student Health Services, 360-428-6151

Transportation: 360-428-6147

Bus and Schedule Information

If you would like to receive the

MVHS DAILY BULLETIN

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USEFUL LINKS

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DR. V](#)

Congratulations to a Former Bulldog Cross Country & Soccer Player

[Oscar Jimenez](#), will be inducted into the Western Washington University Athletic Hall of Fame on Feb 11th.

Second Semester Schedules on Skyward

Students will need to follow their second semester schedule as shown in Skyward. If a schedule correction is needed, students will have until 2:30pm on February 10th to reach out to their [primary school counselor](#). **Corrections can be made for the following 4 academic reasons only:**

1. Schedule is incomplete (missing a class)
2. Student has taken and received credit previously
3. Student does not meet prerequisite for the class
4. Student needs course for graduation requirement

Please refer to page 11 in the [Student Handbook](#) for more info.

Interested in Playing Soccer?

The 2023 soccer season is around the corner. If you are planning to play soccer this spring right now is the time to get all of your forms turned in and updated. We anticipate another successful year so please don't delay. First day of tryouts will be **February 27th**. Contact Mr. Ibarra with any questions.

Migrantes Unidos M.V

Our Migrant Leaders Club has a new name and a new home. Now we are "Migrantes Unidos M.V." us Join every Tuesday at 2:45 pm in OM 114. For more information, connect with Mrs. Paula(N103c)

Student Parking at MVHS

Parking on campus without a parking permit is not allowed. Parking on campus without a permit is a \$20 fine. Illegally parking on campus may also result in your vehicle being booted or even towed at your expense. There are still parking permits available in the ASB office to be purchased if you do not have one. There is also free parking off of the west lawn of campus and at the YMCA.

Report All Student Absences & Tardies in Writing

Parents or guardians, to excuse an absence or tardy, please submit a written note excusing the absence/tardy to the Attendance Office located in the Administration building within five(5) days of your student returning to school. For your convenience, written confirmation can also be submitted via email to attendance.secretary@mvstd320.org. You may also call the Attendance Office at (360)428-6153.

MVHS Athletic Department News

THIS WEEKS SCHEDULE

WEDNESDAY 2/1

HOME:

►Unified Basketball vs. Sedro-Woolley 7:00pm

AWAY:

►Girls Bowling State at Bowlero (Tukwila) 9am

►Boys Basketball C/JV/V at MBHS 5:40pm/7:15pm

THURSDAY 2/2

HOME:

Nothing

AWAY:

►Girls Bowling State at Bowlero (Tukwila) 9am

FRIDAY 2/3

HOME:

Nothing

SOFTBALL OPEN GYM TIMES

Every Thursday at 7:30pm and every Sunday at 7:30am in the fieldhouse.

LAST WEEKS SCORES

WEDNESDAY 1/25

►Unified Basketball: MV 56 Lakewood 50

THURSDAY 1/26

►Boys Swim V: MV 99 Lynden 84

►Girls Basketball: C:MV ? Coupeville ?

►Girls Basketball: JV-MV 23 Nooksack 49, V-MV 30, Nooksack 85

►Boys Basketball: C-MV 48 Nooksack 30, JV-MV 40 Nooksack 58, V-MV 68 Nooksack 67

►Girls Wrestling: MV 3rd place

SATURDAY 1/28

►Girls Basketball: C--MV 28 Lakewood 24, V-MV 33 Lakewood 40, V-MV 66 Lakewood 61

TUESDAY 1/31

►Boys Basketball: C-MV 60 SW 39, JV-MV 53 SW 63, V-MV 83 SW 44

►Girls Basketball: C-MV 33 SW 26, V-MV 5 SW 27

IMPORTANT DATES:

June 9, 2023

Class of 2023, Graduation, 7:00 PM

[Angel of the Winds Arena](#), Everett, WA

SENIOR
CORNER

It's scholarship time!

The College and Career Center provides a Step by Step Guide for applying to scholarships. Visit our website to learn more. [C&CC](#)

Final day to order your Senior Ad is 2-1-2023.

The price will is \$60 for 1/4 page ad and \$120 for 1/2 page ad. [Click here to design your ad.](#)

College Application Deadlines

For deadlines and dates [Click Here](#)

MONTHLY WELLNESS TIPS

From your MVHS Counseling Team

The start of a new semester is a great time to revamp your efforts to organize your life and create balance among your many responsibilities. Here are some ways you can stay organized in school and stay on top of your workload:

1. Get into a Routine: Using a planner or calendar to keep track of your responsibilities is super helpful in creating a routine. Getting into a routine can help with time management and can help you stay on track of important things to do.

2. Use tools to stay organized: Along with a planner or calendar, the use of other tools can help you stay organized; Pencil pouches to keep your writing utensils and other school supplies in one spot so you don't lose them; Folders to keep paperwork so they do not become loose in your backpack—this is how things get lost or forgotten!; Notebooks are handy to have on hand to write to-do lists, jot down assignment due-dates, and other important information to remember.

3. Color code and use labels: Color coding and labeling can help keep you on top of school work and due dates especially when balancing eight different classes. Use a different color for each class and highlight important dates and assignments with the associated color.

4. Break down big tasks into smaller ones: Big tasks can seem really overwhelming. By breaking down the assignment or task into smaller chunks it will reduce your anxiety and help you get a little bit done at a time. It may be helpful to set deadlines for yourself for each smaller part.

Have a great second semester!

NONDISCRIMINATION

The Mount Vernon School District does not discriminate in employment, programs, or activities on the basis of age, race, color, national origin, creed, religion, sex, sexual orientation, gender expression, gender identity, honorably discharged veteran or military status, or the presence of any sensory, mental or physical disability or use of a trained guide dog or service animal by a person with a disability and provides equal access to the Boy Scouts and other designated youth groups. Inquiries regarding compliance and/or grievance procedures may be directed to the District's Title IX/Civil Rights Compliance Coordinator, Bill Nutting, Assistant Superintendent, 124 E. Lawrence Street, Mount Vernon, WA 98273 (360)428-6110; Section 504/ADA Coordinator, Clint Carlton, Executive Director/Student Support Services, 920 S. Second Street, Mount Vernon, WA 98273, (360)428-6141.

MISTAKES & ERRORS

The author of this bulletin is human, so please do not be surprised if there are occasional errors. Thank you.

FEBRUARY 2023

Mount Vernon High School Special

Growing Healthy Students!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|------------------------------------|---|---------------------------------|---------------------------------|----------------------------------|
| 30-Jan | 31-Jan | 1-Feb | 2-Feb | 3-Feb |
| <i>No School</i> | Corndog | Hot Ham & Cheese Sandwich | Chicken Strips | Omelets & Sausage Patty Biscuits |
| | Tater Tots | Baked Cheetos | Cookie Pack | Biscuits |
| | Fresh Fruit and Vegetables | Fresh Fruit and Vegetables | Fresh Fruit and Vegetables | Applesauce |
| | 1% White Milk or Chocolate Milk | 1% White Milk or Chocolate Milk | 1% White Milk or Chocolate Milk | Fresh Vegetables |
| | | | | 1% White Milk or Chocolate Milk |
| 6-Feb | 7-Feb | 8-Feb | 9-Feb | 10-Feb |
| MAX Stuffed Breadsticks & Marinara | Chicken Bacon Ranch Burger | Spaghetti with Meatsauce | Smothered Burrito | Macaroni and Cheese |
| Fruit Snack | Chips | Garlic Bread | With Chips | Roll |
| Fresh Fruit and Vegetables | Fresh Fruit and Vegetables | Fresh Fruit and Vegetables | Fresh Fruit and Vegetables | Fresh Fruit and Vegetables |
| 1% White Milk or Chocolate Milk | 1% White Milk or Chocolate Milk | 1% White Milk or Chocolate Milk | 1% White Milk or Chocolate Milk | 1% White Milk or Chocolate Milk |
| 13-Feb | 14-Feb | 15-Feb | 16-Feb | 17-Feb |
| Chicken Strips | Teriyaki Chicken Burger | Beef Teriyaki Dippers | Corndog | Chicken Alfredo |
| Chips | Chips and a Treat | Steamed Rice | Chips | Roll |
| Fresh Fruit and Vegetables | Fresh Fruit and Vegetables | Veggies | Fresh Fruit and Vegetables | Fresh Fruit and Vegetables |
| 1% White Milk or Chocolate Milk | 1% White Milk or Chocolate Milk | 1% White Milk or Chocolate Milk | 1% White Milk or Chocolate Milk | 1% White Milk or Chocolate Milk |
| 20-Feb | 21-Feb | 22-Feb | 23-Feb | 24-Feb |
| <i>No School</i> | Nachos With Taco Meat or Chicken & Cheese | Hotdog & Baked Beans | Chicken Strips | Breakfast Muffin Sandwich |
| | | Chips | Educational Cookies | Tator Tots |
| | Fresh Fruit and Vegetables | Fresh Fruit and Vegetables | Fresh Fruit and Vegetables | Fresh Fruit and Vegetables |
| | 1% White Milk or Chocolate Milk | 1% White Milk or Chocolate Milk | 1% White Milk or Chocolate Milk | 1% White Milk or Chocolate Milk |
| | | | | |

This institution is an equal opportunity provider and employer. Menu subject to change without notice.

Questions? Call David Connors, Food Services Director, at (360) 428-6149.



**EACH LUNCH COMES COMPLETE WITH SALAD BAR
OR FRESH VEGETABLE, CHOICE OF FRESH FRUIT, AND MILK**

Meal Prices

Elementary Breakfast & Lunch: No Charge
Adult Lunch & Salad Bar: \$5.00
Side Milk: \$0.75